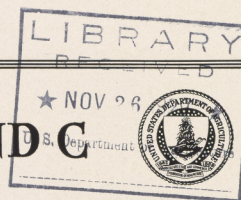


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GOOD SOURCES OF VITAMINS B AND C



28087-C

Foods rich in vitamin B: Asparagus, kidney beans, navy beans, soy beans, okra, peas, tomatoes, and spinach.

Good sources of vitamin B: Avocados, grapefruit, lemon and orange juice, pineapple, string beans, beet tops, cabbage, carrots, cauliflower, celery, cowpeas, dasheens, eggplant, lentils, lettuce, onions, parsnips, white potatoes, rutabagas, turnips, egg yolks, brains, kidney, liver, whole milk, skim milk, buttermilk, corn, oats, barley, unpolished rice, wild rice, rye, whole-wheat bread, bran, wheat middlings, cream, peanuts, nuts, lean pork, and oysters.

Vitamin B aids in promoting health, good appetite, good digestion and assimilation of food, and in reproduction. An adequate amount of vitamin B in the diet is necessary for the prevention of beri beri.



23959-C

Foods rich in vitamin C are lemons, oranges, pineapples, raspberries, tangerines, green peas, fresh cabbage, and tomatoes.

Good sources of vitamin C are apples, bananas, grapefruit juice, strawberries, navy beans, string beans, young carrots, cauliflower, lettuce, raw onions, sweet potatoes, white potatoes, rutabagas, spinach, turnips, and peaches.

Vitamin C aids in promoting the health of teeth, gums, bones, joints, and tissues. It is necessary in the diet to prevent scurvy.

Prepared by Office of Cooperative Extension Work, Extension Service, in cooperation with the Bureau of Home Economics, and Committee on Vitamin Research, United States Department of Agriculture, Washington, D. C.